



Understanding Feelings

KEY POINTS

- All emotions are normal, healthy, and important because they provide preschoolers with information about themselves and their environment while connecting them with others.
- Preschoolers learn to label their emotions. They also learn that we can feel more than one emotion at a time, and that there are different expressions related to emotions.
- As our hedgehog friends sing, **“Feelings happen everyday. Feelings happen, they’re okay.”**

TIPS FOR REINFORCING

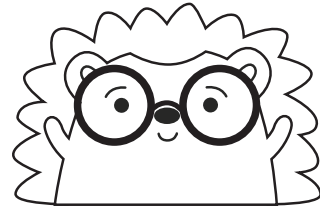
- Help increase preschoolers’ emotional awareness by describing and validating their feelings. For example:
 - ““ I can see you jumping up and down, which tells me you may be feeling excited.”
 - “It’s okay to feel mad. I understand that.”
- Give your full attention (listen), repeat back what the emotion was that they shared (reflect), and validate them by saying you understand (connect).
- Model and narrate how you are feeling to help reinforce emotion language and normalize that feelings are okay.
- Highlight emotion language through songs, characters in stories, and everyday interactions in the classroom.
- Provide visual cues of different emotions to allow another option for identifying and labeling emotions, where students have the opportunity to point to and show what they are feeling.
- Provide positive feedback when students in the classroom use emotion language to describe how they feel.

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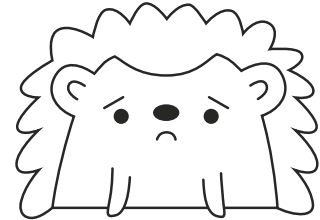
🎵 Feelings happen every day. Feelings happen, they're okay. 🎵

Below are our hedgehog friends with different feelings faces.
Match the feeling word to the hedgehog face.

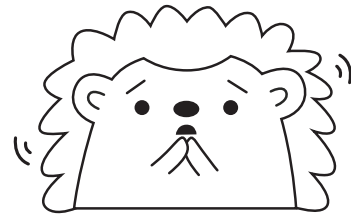
Sad



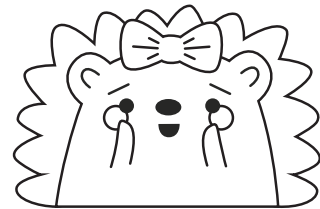
Mad



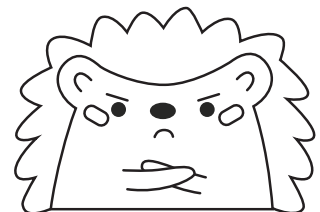
Happy



Scared



Surprised



Understanding Feelings

♪ Feelings happen every day. ♪
Feelings happen, they're okay.

Happy



Mad



Scared



Sad



Surprised

